

Tips For Busy Families

Plan Your Meals

- Plan weekly meals based on your family's schedule.
- Use [heart healthy recipes](#).

Use a Shopping List

- Make a shopping list based on your meal plan for the week.
- Save money and time by making only one trip to the store.



Share Tasks

- Include children and other members of your family in shopping, preparing meals and cleaning up.
- Clean up as you cook—you will have less to clean up after you finish cooking.

Prep and Cook in Advance

- Pack your lunch the night before.
- Cut and wash vegetables, and make enough green leafy salad for 2 days. Do not add dressing until you are ready to eat.
- When you can, cook large amounts of foods that freeze well (e.g., pasta, soups, stews)
- Split meals into family-size portions and freeze right away after cooking. Use them later in the month.
- Prepare meals in a slow cooker, or crock-pot.



Cook Simply

- Steam vegetables and serve them without sauces.
- Broil, boil, grill, bake, or roast meats.
- Make one-pot meals, such as stews and casseroles.
- Use frozen pre-chopped vegetables.
- Learn simple recipes that can be made in less than 30 minutes.

Keep Quick Snacks on Hand

- Try these healthy snacks:
 - » Fresh fruits and vegetables
 - » Whole-grain, ready-to-eat dry cereal
 - » Fat-free and low-fat yogurt
 - » Fat-free and low-fat cheese
 - » Unsalted nuts, seeds, and crackers



Use Herbs and Spices

- Chop fresh herbs and place in ice cube trays. Fill trays with water and freeze. Store the frozen cubes in a plastic bag. Thaw out when you need herbs.
- Grow your favorite herbs on a sunny windowsill.
- Keep dried herbs on hand. One teaspoon of dried herbs is equal to 3 teaspoons of fresh herbs.



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